

How can the Health Check benefit your gym routine?

Many people join the gym to improve their general health and fitness. The health check can really help you get the most out of your time spent at the gym and help to achieve your goals.

Top 4 reasons to have a health check

- 1) **Highlights strengths and areas to improve:** This enables you to focus your gym programme around areas of your health and fitness that you know need to be improved.
- 2) **Helps to guide correct exercise intensity:** Readings given in the health check can be used to guide specific exercises and intensities to make sure you are working hard enough in your gym programme to increase health and fitness but at the same time, not over doing it.
- 3) **Monitoring tool:** Health check retests can be carried out at regular intervals to monitor your progress. This can help guide further gym programmes.
- 4) **Prevention is better than cure:** Many people are often unaware of areas of their health and fitness that need to be improved and are currently living with an increased risk of future health problems. Discover it now in the health check and begin working on it for a fitter, healthier you.